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Anthony Di Monte, chief of Ottawa Paramedic Service

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Your essential daily news

Real-life 'Death Star,' a white dwarf, is destroying a solar system, astronomers say. **World**

ECONOMY

Mayor to network in Asia

Mayor Jim Watson is taking a trip to China and Thailand next month to promote the city's businesses and tourism ahead of Canada's 150th anniversary in 2017.

With 15 business delegates, Watson is first flying to Beijing on Nov. 16. There, they will meet more than 100 Chinese investors and entrepreneurs. On Nov. 20, the mayor will land in Bangkok for the OneYoungWorld Summit, a conference of international young leaders. Ottawa is hosting the event next year.

When one reporter asked about the optics of a trip around the world when the city is facing a $52-million deficit, Watson said the city needs to expand its private-sector footprint.

"There will always be people who, you know, don't want me to travel to Stittsville because it's too expensive," he said. "But, at the end of the day, these are good investments that bring back millions of dollars in economic activity and create more jobs."

Watson said he does not yet know the cost of the trip. The city is not footing the travel costs of the business owners.

Bruce Lazenby, president and CEO of Invest Ottawa, said the mayor's presence alone would help open doors in China.

"It's a big market, and Ottawa companies should be selling into that market, but it's so big and it's so complicated," he said. "These are the kinds of things where we open the door, set a crack and we take it from there."

LUCY SCHOLEY/METRO

According to a 2010 report, the poverty cut-off for a single parent with two children in Ottawa is $32,450 before taxes. METRO FILE

Low-income transit may come to pass

OC TRANSPO

Staff asked to research idea for thousands juggling bills

Lucy Scholey
Metro | Ottawa

A low-income transit pass may soon be an option for OC Transpo riders struggling to pay the bills.

City staff will explore a new discounted rate as per the request of two members of the transit commission on Wednesday.

Some people in Ottawa spend most of their income on food and shelter, according to Francois Malo, a citizen member of the transit commission.

"As such, public transit is a luxury that they can rarely afford," he said, reading a statement before the transit commission on Wednesday.

Malo and Blair Crew — a fellow citizen member — have asked staff to look at cities that provide a low-income transit pass, how they are subsidized and how the City of Ottawa might do the same.

> **Exploring how we might be able to better provide, in a more equitable way, service for ... marginalized residents is a good thing.**
> Coun. Stephen Blais, transit commission chairman

According to a 2010 city report on poverty, the low-income cut-off for a single parent with two children is $32,450 before taxes. In total, 15.2 per cent of Ottawa residents live on low income.

Waterloo, Guelph and Hamilton are among cities in Ontario that offer discounted transit passes for low-income residents. Toronto is also developing a new fare equity policy, which is due by the end of this year.

BREAKDOWN

Does OC Transpo have a discounted fare option?

Yes it does. It's dubbed the "community pass." However, only Ottawa residents who receive payments through the Ontario Disability Support Program (ODSP) qualify for the $41.75 monthly transit rate. That means single low-income parents, for example, are left paying the regular $103.25 monthly pass.

I'm not collecting ODSP payments, and $103 is a bit steep for me. What options do I have?

If you're a student or a senior, you get a discount. Those still in school, aged 13 to 19, can pay $82.25 a month for regular routes, while those aged 65 and older pay the same as a community pass: $41.75.

As part of tuition, full-time students at Carleton University, the University of Ottawa and Algonquin College each get a U-Pass.

Otherwise, transit users can shell out for the regular price, keep the expired passes and use them at income-tax time. In 2014, passengers could claim 15 per cent of the cost of the monthly bus pass — a meagre $15.50 a month.

What about for my kids?

Children aged 12 and under pay less per ride. It's $1.60 a ticket or $1.90 in cash for ages six to 12. It's free for kids under five.

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Rolf Klausener's The Acorn plays the Black Sheep Inn Friday night. CONTRIBUTED

Local band The Acorn on tap at Black Sheep

BACKSTAGE PASS

Plus pinball, perogies and Dracula

Trevor Greenway
Metro | Ottawa

It's no surprise that any show Ottawa's The Acorn plays is worth the pocket change you'll usually pay to get in, but this weekend's Black Sheep show is a special reason to shell out $15 to see a local band.

They're playing their latest record Vieux Loup in its entirety and if you're paying attention to Ottawa's thriving music scene, you'll know why this is special.

Vieux Loup was nominated onto this year's Polaris longlist and while it didn't quite make the shortlist, the album deserved to be there — battling it out with the likes of Caribou, Drake and 2015 winner, Buffy Sainte-Marie. Yeah, it's that good.

The night will be a celebration of art folk, electro psych and nether pop with Toronto's Phedre and Ottawa's Bosveld opening.

Oh, and The Acorn's Rolf Klausener has rented a party bus to take all you hooligans up to Wakefield and back Friday night. So, you really have no excuse not to support one of Ottawa's best local bands.

Stuff a sixer in your backpack and you'll be primed once you arrive in Wakefield. You'll blend right in. Show starts at 8 p.m.

But that's not the only thing worth checking out this weekend, especially if you're sticking around town.

Who can say no to pinball, perogies and piercing rock 'n' roll? A few minutes at House of Targ is all you need to hear the peal of all three sounds meshing together seamlessly. Saturday features Oshawa hard rockers the Standstills, Burlington's Say Yes and Ottawa rock band Eagleson. The show starts at 10 p.m. Tickets $10. Pinball games are just a quarter.

And how lucky are we to have a world-class DJ who has won multiple DMC awards playing weekly shows right in our back yards? That's right, DJ Illo is taking over Mercury Lounge Thursday with local crusaders Matt Tamblyn and CNMN. These cats will be pulling out the freshest vibes to rinse you out all night long.

The night is the launch of a new monthly dance party series dubbed Palm Bae that will have you bobbing all night. Tickets are just $4, cheaper than a cup of coffee these days. If you've got $10 in your pocket, you're laughing. Beats start at 11 p.m.

And I know Halloween is still a week or so away, but how could you skip the opportunity to watch a 1920s German horror flick with a live no-wave original score to accompany the creepy? Aaron Sager-Young and Pierre Laforest-Grant have concocted a psychedelic live score to accompany the 1922 expression horror flick, Nosferatu.

The band will accompany the film live at the Mayfair Theatre Friday and Saturday. Tickets are $15.

Things get lyrical at Ritual Saturday night when Providence hip-hopper and spoken word artist Sage Francis blows in for the Ottawa stop on his Going Through Hell Tour.

This isn't a typical rap show, but more of an intellectual, thought-piece performance. Watch him unleash a fury of dynamic dialect at Ritual. Tickets $18.

If you wake up Monday and did nothing all weekend, don't blame me.

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SAMS soars to $294 million

COMPUTER SYSTEM

Costs added to hire new staff, train workers, cover overtime

The cost of the Social Assistance Management System (SAMS) that administers welfare and disability payments to 900,000 Ontario residents has soared to $294 million.

Social Assistance Minister Helena Jaczek said another $23 million was added after the government implemented recommendations from a PricewaterhouseCoopers report, which called for more training for frontline staff who work with recipients.

The additional costs include $15.7 million to hire more IT staff at the ministry and to train social assistance case workers who complained the SAMS program was too complicated and too time consuming for them to use.

"They're being relieved of some of the manual tasks they had to do in terms of calculation of benefits and so on," said Jaczek.

The original tab for the problem-plagued computer system developed by IBM was $242 million, but it kept growing as problems arose with cheques sent to clients.

The province also had to give municipalities an additional $10 million to cover overtime pay for staff who were dealing with upset recipients.

The province moved to SAMS after the auditor general criticized the previous computer system used for social assistance payments, which Jaczek said had cost $745 million and didn't do nearly as much as the new system. THE CANADIAN PRESS

Helena Jaczek, Ontario's Minister for Community and Social Services, says a glitch with social assistance transfers was found to have queued up $20 million in overpayments.
CHRIS YOUNG/THE CANADIAN PRESS

NATURE MUSEUM

Bugs Outside the Box exhibit opening Friday

Haley Ritchie
Metro | Ottawa

Scaled-up model bugs, butterfly kaleidoscopes and edible crickets: it's all part of the Nature Museum's new Bugs Outside the Box exhibit, opening Friday.

"There are lots of insects out there that are important parts of ecosystems and they're beautiful creatures," said Robert Anderson, the museum's resident beetle expert who helped craft the show and has discovered over 120 insects during his career.

"There seems to be two kinds of people around: people who are terrified of insects and people who love them. We're hopeful we'll get both kinds of people coming here," he said.

The first room of the show features 16 human-sized insect models — created by an Italian sculptor — that shows the scaled-up details of exotic bugs.

The second room features live and non-living specimens, all enclosed in glass cases. From tough fist-sized beetles to beautiful monarch butterflies, the creatures run from the odd to the dazzling.

For the faint of heart, the exhibit leaves out some of the creepier crawlies (no centipedes, spiders, millipedes or earwigs) and focuses on beetles, butterflies and stick bugs.

Part of the strategy is making things bigger and giving people a closer look at the mysterious creatures, which represent 70 per cent of species on earth.

If that doesn't work, defeat your bug fear by sampling the futuristic dried and flavoured crickets and mealworms enclosed in the exhibit's bug snack machine. Weird, but cool — just like the bugs.

The Nature Museum's resident beetle expert, Robert Anderson, shows off a live elephant beetle, part of the upcoming showcase. HALEY RITCHIE/METRO

IN BRIEF

Youth fitness project on the way to the Glebe
A new project aimed at getting kids more active is coming to the Glebe.

The Glebe Neighbourhood Activities Group has received a grant from the Ontario government to support its YouthFIT project.

The Glebe Neighbourhood Activities Group will offer free fitness classes, including yoga, boxing, spinning and cardio. These activities will be offered before school, during lunch and after school at Glebe Collegiate Institute.

The group is holding the program's official launch tonight at 7 p.m. at the Glebe Community Centre. METRO

New condo fails to wow: Councillor

REDESIGN

'Landmark building' status is up for dispute

Lucy Scholey
Metro | Ottawa

A developer's revamped Wellington West condo development still lacks that "wow" factor, according to an Ottawa city councillor.

Mizrahi Developments is bringing a new 12-storey Wellington Street West condo design to the planning committee on Tuesday.

The plan needs a zoning amendment because it surpasses the nine-storey height limit. However, the Ontario Municipal Board (OMB) ruled that the design gets the go-ahead if the top 3 storeys are distinctive enough to make it a "landmark building." Or an "element of wow."

The condos now feature a spire and copper roof, similar to that of the Parliamentary Precinct.

In his written feedback, Kitchissippi Coun. Jeff Leiper argued the building is an improvement, but is far from a landmark.

> **Mizrahi has made a significant effort to create a memorable building.**
> Kitchissippi Coun. Jeff Leiper

The design is out of place next to the 1930s-era Champlain Oil gas station; the windows are oversized and the roof is out of scale, he wrote.

"Defining 'landmark' architecture is, as noted, subjective," he said. "Mizrahi has made a significant effort to create a memorable building, but, I respectfully argue, has failed to be more than derivative."

City staff said the building meets the OMB's landmark requirements, but does not fit the Wellington Street West Secondary Plan.

They will also be reviewing the plan — with respect to the terms "landmark" and "gateway architecture" — to prevent this from happening again.

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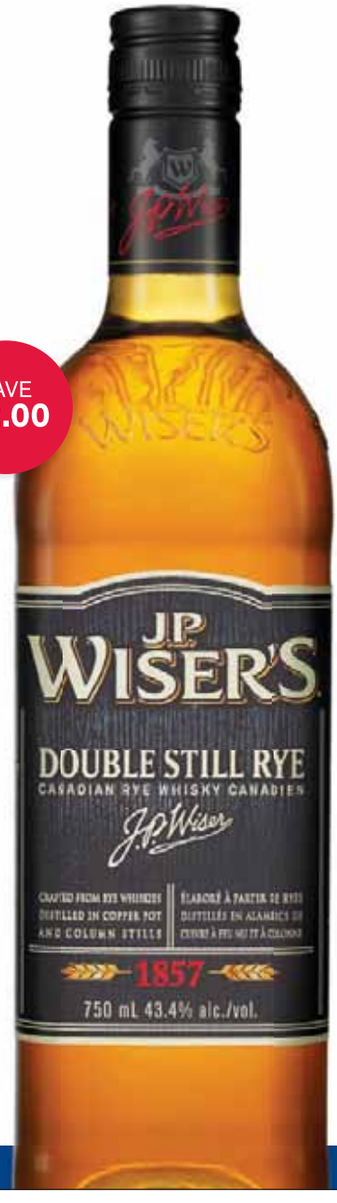

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SOMERSET STREET

Four-alarm fire razes businesses

Haley Ritchie
Metro | Ottawa

A massive blaze that broke out around 11 a.m. Wednesday at the Daily Grind café consumed three businesses before it was put out four hours later.

Firefighters said the four-alarm blaze began in the upper level of the café and quickly spread to the adjacent brick building.

The tower of yellow and black smoke could be seen from all of downtown Ottawa.

The Shiraz Grocer, Middle East Bakery, Daily Grind and A Dark Cloud tattooing were all damaged. The fire spanned structures on the corner of the street, including four units along Percy Street and Somerset Street.

No injuries were reported and the Salvation Army was on site to help people affected by the fire, including residents who lived in the upper levels of the two buildings.

Four aerial units and hoses on the ground were used to douse the buildings in water.

The roofs of both buildings had entirely collapsed, and much of the brick structure was destroyed.

Power was cut off in the area near 1 p.m. and restored by Hydro Ottawa two hours later.

Employees who had been working at the Daily Grind said the roof of the building was being tarred that morning, a process that often involves fire torches.

Firefighters battle a blaze at the Daily Grind coffee shop.
HALEY RITCHIE/METRO

Bob Rainboth, Ottawa Fire's public information officer, said he wouldn't be able to confirm the source of the flames until a full investigation was complete.

"I used all of the businesses, every single one, so I know most of the owners of them," said Brian Sudletsky, who lives across the street from the café.

"They're all small businesses who put a lot of effort and heart into what they do over there, and obviously it's just completely gone. It's a pretty sad day and I'm hoping that each and every one of them chooses to come back."

IN BRIEF

Relax — that 'hitman' hired to kill you is a scam
If you've received a scary e-mail or text from a hitman supposedly hired to kill you, relax. It's just a scam. The Renfrew detachment of the OPP says an old scam is once again making the rounds. It works like this: someone claiming to be an assassin sends you a text or email saying he or she has been hired to kill you. The purported assassin offers to spare your life if you fork over several thousand dollars. The OPP is reminding people this is obviously a scam. The force is asking that you contact the Canadian Anti-Fraud Centre if someone tries to pull this scam on you. The OPP also says you should ignore the message, since replying only lets the scammer know they've got an active email address or phone number. METRO

Changes on way to teaching of French

EDUCATION

School board looking for feedback from parents

Haley Ritchie
Metro | Ottawa

The Ottawa-Carleton District School Board is proposing some big changes to the way French is taught in classrooms, and is seeking feedback from parents.

There are three proposed changes and if feedback is positive, they will come into effect over the 2016-2017 school year.

The first proposal is to increase the time spent speaking French in junior kindergarten from 20 minutes to 150 minutes, meaning both JK and SK will be taught 50 per cent in English and 50 per cent in French.

Nadia Towaiji, the board's superintendent of instruction, said the change is meant to help parents see if French programs are a good fit for their children and to help students keep up.

The second proposal is for an hour of English that would be introduced as a subject in Grade 1 early French immersion. The subject is currently introduced in Grade 2.

> **We really want to get at an early intervention with students.**
> Nadia Towaiji

The third proposed change would be to teach math lessons from Grades 1 through 12 in English through all OCDSB schools, including French immersion programs.

"For a number of students, reading and math challenges only really become apparent once the English language is introduced," said Towaiji.

"We really want to get at an early intervention with students."

There are two more public consultations planned, including one on Oct. 22 at 7 p.m. at Fallingbrook Community E.S. in Orleans and one on Oct. 26 at 7 p.m. at Blossom Park Public School in Gloucester.

Public and staff surveys can be filled out online at the board website until Oct. 31.

BARGAINING

$1M to union 'not unusual': Sandals

It's not unusual for the province to help cover teacher unions' bargaining costs, Ontario's education minister said Wednesday, but beyond defending a $1-million payout to the secondary teachers' union, Liz Sandals wouldn't say how much the government has spent.

The government agreed to pay the Ontario Secondary School Teachers Federation to compensate the union for the cost of negotiations because they went on so long under the province's new bargaining system, a memorandum of settlement shows.

"I don't think of it as compensation per se," Sandals said after question period. "I think of it as investing in transforming a system that didn't work."

This year's talks with teachers and support staff unions were the first under the Liberals' new, two-tier bargaining system, under which the unions negotiate central deals with the province, then local issues deals are hammered out with the union locals and school boards.

> **I think of it as investing in transforming a system that didn't work.**
> Liz Sandals

It was a "very long process," Sandals said. It took six months alone for the parties to work out which issues would be central and which would be local.

That meant all parties incurred "quite extraordinary costs" such as renting rooms in which to bargain, she said.

In fact, the government has also made extra payments to the school boards because of the same costs. While those have been made as transfer payments, Sandals couldn't say what amount had been paid to the school boards.

Nor would she say what amount was paid to the other unions, since the province is still in bargaining with the Elementary Teachers' Federation of Ontario and support staff unions.

ETFO said it has neither requested nor accepted government funds, and will pay for all its own bargaining expenses.

THE CANADIAN PRESS

Minister of Education Liz Sandals THE CANADIAN PRESS

CLARIFICATION

Public schools' doors

In a story that appeared in the Oct. 7 edition of Metro, we reported that school support staff were leaving doors at public schools unlocked as part of their job-action tactics.

To clarify, the union that represents school support staff advised its members not to operate the security systems, such as buzzers, that allow visitors entrance to the schools.

In response, the Ottawa-Carleton District School Board ordered schools to disable their security systems so students, parents and visitors could still enter the buildings.

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A ceremony will be held Thursday at the National War Memorial to mark the anniversary of a shooting which killed Cpl. Nathan Cirillo. ADRIAN WYLDE/THE CANADIAN PRESS

Rampage changed lives of Ottawans

REFLECTIONS

Three recall the chaos of that fateful day one year ago

Joe Lofaro
Metro | Ottawa

A journalist, a paramedic and a civil servant: They were strangers to each other, but were bound by the unimaginable tragedy on Oct. 22 when a gunman went on a deadly rampage in Canada's quiet capital.

As the country marks the one-year anniversary of the killing of Cpl. Nathan Cirillo, Ottawa residents are reflecting on how the shooting has affected them and how it shaped their perception of the city.

Peter Henderson, an Ottawa-based journalist at the time, was among the first people on scene.

He had just locked his bike at the intersection of Elgin Street and Sparks Street and heard the sound of gunfire over the audio playing in his headphones. He said he heard four distinct gunshots at the National War Memorial, where Cirillo and fellow sentry Cpl. Branden Stevenson were standing guard.

"As I turned around I saw the one guard run and drive over. I didn't really understand what's happened," he said.

He instantly went into reporter mode and pulled out his phone and tweeted about the situation as it unfolded.

He barely had time to process what was going on: a wounded soldier, just three years younger than him, died in front of him just steps from Parliament Hill. It was only in the days after that he had a chance to reflect and realize how precious life was.

"You have a more healthy understanding of mortality," he said.

Anthony Di Monte, the chief of the Ottawa Paramedic Service, was leaving a meeting at City Hall that morning and heard chatter on his radio of a cardiac arrest at the memorial.

As soon as he arrived and saw it was shooting, he took command of patient care as other bystanders had already started CPR on Cirillo.

Even with a squad of Ottawa police and RCMP officers surrounding the first responders in a circle formation with their guns drawn, Di Monte was cognizant of how unsafe everyone was.

Even with heightened security at various locations in downtown, he said the Ottawa we knew before the shooting hasn't changed that much.

"I think we're striking a pretty good balance," he said, between keeping the city open and secure. "We can't be naïve; this reality is now part of our reality. We've had to change things."

Martin Magnan didn't have first-aid training, but he didn't back down from helping those who did. Cpl. Kyle Button instructed Magnan, a communications adviser for DND at the time, to lift Cirillo's legs to keep the blood flowing into the soldier's torso.

Magnan and five others who came to Cirillo's side that day were awarded the St. John Ambulance Service's highest honour, the gold Life Saving Medal, in June. It's been a year since the tragedy and Magnan still thinks about that awful day.

"It's part of me, it's part of my history. And it's made me a better person, I hope. I've had my ups and downs," he said.

He said he isn't convinced the city has really changed, but he has noticed subtle differences after Oct. 22.

More foot traffic at the National War Memorial is one of them. More security in the downtown core, he said, is another "good" change.

Henderson, Di Monte, and Magnan all agreed that in the days and weeks after the shooting, they felt proud. Not only of the sacrifice Cirillo made, but also how the city banded together in the face of a horrible act.

"The thing about Ottawa is … everybody is in it together," said Henderson, who now works in Toronto. "Ottawa is a really friendly, welcoming, open city."

5 WAYS OTTAWA'S DOWNTOWN CORE HAS CHANGED

Some security enhancements are subtle, some are more visible, and others are in the works. But the City of Ottawa is going through a transformation as security is tightened in parts of the downtown core. Here's a look at how it has changed since Oct. 22, 2014. **JOE LOFARO** METRO

1 Parliament Hill

After gunman Michael Zehaf Bibeau managed to hijack a Senator's car, drive it to Centre Block, and storm the inside of Parliament, the RCMP has deployed a heavier police presence on the Hill. House of Commons and Senate security officers are also now in charge of protecting Parliament as a collaborative team.

2 Langevin Block

The Prime Minister's Office has also seen heightened security since the Ottawa shooting. Within recent weeks, concrete bollards were installed along the perimeter of the Langevin Block on Elgin and Welling streets.

3 National War Memorial

Armed Ottawa police officers now patrol the National War Memorial after the deadly shooting of Cpl. Nathan Cirillo. Ottawa police struck a deal with the Department of National Defence to guard the unarmed sentries until Remembrance Day.

4 City Hall

Anthony Di Monte, the city's acting general manager of emergency and protective services, told Metro on the eve of the Ottawa shooting anniversary that city hall will soon have the ability to lockdown the entire building with a swipe of a card and pin number. More security cameras are already being installed inside the facility following a series of reports on the city's response to the attack.

5 Ottawa Courthouse

Going through the Elgin Street courthouse is a lot like going through security at an airport now, with the installation of metal detectors and X-Ray machines in the front entrance.

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ANNIVERSARY

Canadians were in fear, but did it last?

Michael Woods
Metro | Ottawa

When the House of Commons reconvened the day after last year's attack on Parliament Hill and the National War Memorial by a lone gunman, there was a new level of collegiality among MPs.

Prime Minister Stephen Harper advised his colleagues to take care of their health. He and his opponents, NDP leader Tom Mulcair and Liberal leader Justin Trudeau, all exchanged hugs.

But there were also early hints that the shooting — which happened one year ago Thursday — would change things.

"In recent weeks, I have been saying that our laws and police powers need to be strengthened in the area of surveillance, detention, and arrest," Harper told MPs.

Mulcair mentioned the weekly yoga session on Parliament Hill as a symbol of the country's openness and freedom, saying it "cannot be rolled back."

Yoga didn't go away and Parliament's security was beefed up.

The Conservatives passed Bill C-51, the controversial legislation that gave the country's security agencies more power to share info and disrupt potential terror plots, among other things.

The election campaign saw issues such as the government's wish to strip convicted terrorists of their citizenship.

But the result has perhaps shown that Canada has not become a more fearful and insular society since the shooting, with voters turning away from the Conservatives in favour of a Liberal party that preached "sunny ways," as Trudeau said in his victory speech on Monday.

Ceremonial sentries leave the National War Memorial as the guards change Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

Remembering Ottawa's fallen

MEMORIAL

Event salutes soldier killed during last year's attack

Joe Lofaro
Metro | Ottawa

Royal Canadian Air Force CF-18s will conduct a flyby over Ottawa Thursday to mark the one-year anniversary of the Oct. 22 shooting in the nation's capital.

The fighter jets will fly in the missing man formation at approximately 11:20 a.m. over the National War Memorial, where Cpl. Nathan Cirillo was killed while guarding the Tomb of the Unknown Soldier.

Gunman Michael Zehaf Bibeau shot Cirillo three times from behind before driving to Parliament Hill and storming into Centre Block armed with a semi-automatic rifle. He died in a hail of gunfire inside the Hall of Honour.

The RCMP revealed several months after the shooting that the gunman recorded a video before the attack where he said his actions were in response to Canada's involvement in military missions in Afghanistan.

Mayor Jim Watson, Governor General David Johnston and other dignitaries are scheduled to attend Thursday's event where Johnston will deliver a speech.

A government statement said the event will also honour the "bravery of the first responders" and warrant officer Patrice Vincent, who was purposefully run down by a vehicle in Saint-Jean-sur-Richelieu, Que. on Oct. 20, 2014. Police shot and killed the driver, Martin Couture-Rouleau, who was reportedly one of 90 suspects on an RCMP watch list.

The 30th Field Artillery Regiment of the Royal Canadian Artillery will fire a 21-gun salute.

The event starts at 11 a.m. and members of the public are invited to attend.

IN BRIEF

Harper's remarks on Islam damaged Muslim relations: former CSIS analyst

A former analyst with Canada's spy agency says Stephen Harper's comments about the threat of "Islamicism" strained the fragile trust federal officials built with Muslim Canadians in the fight against terrorism.

Phil Gurski, a specialist in radicalization and homegrown terrorism who worked for CSIS, said rebuilding trust will be an important element in national counter-radicalization efforts by police and community groups in the new Liberal government.

THE CANADIAN PRESS

Justin Trudeau makes his way to the National Press Theatre on Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

Elections to be reformed

DEMOCRACY

Trudeau sticks to vow despite profiting off current system

Big electoral changes loom for Canada.

Prime-minister-designate Justin Trudeau has promised that Monday's election would be the final one ever conducted using the traditional first-past-the-post system.

That means the "winner-takes-all" way Canadian voters have always elected their MPs will be changed in time for the 2019 federal campaign.

"It was one of our commitments that this would be the last election based on this process," Trudeau told reporters in Ottawa on Tuesday.

"We have much work to do, to consult, to be engaged with Canadians, to study the issue so that upcoming elections are indeed done in a different way," he said in French.

Trudeau made his comments even though his Liberals won 184 seats in the 338-member Commons — or 54.4 per cent — with just 39.5 per cent of the popular vote.

"Over 9 million Canadians didn't get to vote in a representative in this election," said Kelly Carmichael, executive director of Fair Vote Canada, which is advocating for electoral reform and would like to see proportional representation.

If a form of that voting system were in place, Trudeau's Liberals might have won 134 seats in the Commons, a minority that would have forced them to seek partners for a governing coalition.

Trudeau has promised that an all-party parliamentary committee will be struck to consider reforms — including proportional representation.

TORSTAR NEWS SERVICES

PROPORTIONAL REPRESENTATION

Activists hopeful

Kelly Carmichael, executive director of Fair Vote Canada, said her organization would like to see a "task force" of experts and MPs to study options. But she is confident they will conclude that some type of proportional representation system is the answer because it works in other countries such as Germany, Scotland and New Zealand.

Activist Dave Meslin, who is helping co-ordinate 123 Ontario, a network of municipal voting-reform campaigns, said it was "historic" that the federal Liberals, New Democrats and Greens all made democratic renewal promises.

TORSTAR NEWS SERVICES

CONSERVATIVE PARTY

Race begins to find new Tory leader

The Conservatives have taken their first steps toward a leadership race with the creation of a committee that will set the rules of the upcoming contest.

That committee will be able to work on its own and won't have to report to any corner of the party, including the national council, until they have set the rules of the leadership race to replace Stephen Harper.

Three senior party executives were named to the committee Tuesday night and will be joined by Tories from within and beyond the national council, taking into account regional representation, gender and minorities.

Committee members will have to pledge that they won't support any one candidate in the race.

Potential leadership hopefuls include Tony Clement, Kellie Leitch, Lisa Raitt and Maxime Bernier. Jean Charest remains a possibility, and there is a group of Conservatives who are supporting a bid by Doug Ford.

In the meantime, the party's constitution says that the parliamentary caucus, which includes the House of Commons and Senate, will decide who should be the party's interim leader until Harper's replacement is found.

There are at least two top contenders for interim leader: former cabinet ministers Diane Finley and Rob Nicholson, both from Ontario. THE CANADIAN PRESS

Stephen Harper is stepping down. THE CANADIAN PRESS

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One whale of a photo

DRONES

Scientists in awe of rich detail seen in aerial images

Thandi Fletcher
Metro | Vancouver

An aerial image taken by a drone showing an adult female southern resident orca (L94) nursing her calf. COURTESY VANCOUVER AQUARIUM/NOAA FISHERIES

Biologist John Durban says he was blown away when he saw the rich detail in an aerial photograph showing the tender moment of an orca mother nursing her calf off the British Columbia coast.

The stunning photo is just one of thousands of images recently taken by a drone operated by a joint team of researchers at the Vancouver Aquarium and the National Oceanic and Atmospheric Administration in the U.S.

"It's an incredible photograph," NOAA biologist Durban told reporters at a news conference Wednesday to discuss the study's findings. "It's just a view we don't get when you're in the boat and you're not close to the whale."

The project marks the first time scientists have used a drone mounted with a camera to take photos of two orca populations, the southern residents and northern residents, to assess the animals' body condition and determine which ones are healthy, malnourished or even pregnant.

Scientists have been keeping a keen eye on the southern resident orcas, which are listed as endangered under Canada's Species at Risk Act. Southern residents prefer to eat Chinook salmon, as well as some other types of fish, but a reduction in the availability of prey has threatened the animals' recovery.

After two record Chinook runs, however, aerial images of the orcas taken over the summer reveal promising news. The scientists found the southern resident orcas are not only robust but several appear to be pregnant.

POP CULTURE

Health Canada doesn't need roads

Colin McNeil
Metro | Toronto

Great Scott, this is heavy.

If you have a time-travelling DMC-12 model DeLorean in your driveway, you may want to call Doc Brown. Health Canada on Wednesday issued a playful recall of the famous movie time machine, better known to pop-culture nerds everywhere as Back to the Future Day.

The recall details a defect in the flux capacitor that "could lead to inability to travel through time while travelling at 88 miles per hour (141.6 km/h)." Health Canada suggests bringing it to the fictional Dr. Emmett Brown for repair, or face "disastrous consequences."

That was before Google "leaked" the supposed confidential documents for Project Flux — a spoof set of papers detailing their plans for a time-traveling car. Spoiler alert: It's not as cool looking as the DeLorean.

USA Today got into the fun too, with a mock front page that was a near-exact replica of the one shown in the film Back to the Future II, complete with Michael J. Fox's mugshot and news about cholesterol curing cancer.

Christopher Lloyd, left, and Michael J. Fox in a scene from Back to the Future. UNIVERSAL PICTURES/THE ASSOCIATED PRESS

Refugees continue to pour into Slovenia

HUMANITARIAN CRISIS

Nation lobbies EU leaders for financial and security aid

After too many days and nights stuck outside in the rain and cold, tempers are fraying among the tens of thousands of migrants trying to get through the Balkans to the heart of Europe.

A fire at the main refugee camp on Slovenia's border with Croatia destroyed a dozen army-issue tents Wednesday.

While the government said it was still investigating the cause, police at the scene told The Associated Press that migrants had set a stack of UNHCR-supplied blankets deliberately on fire to protest conditions in the camp on the outskirts of Brezice.

Many migrants from the Middle East, Asia and Africa expressed bewilderment and disappointment because they had been told as they began their journeys in Turkey that the hard part would end once they reached the EU.

"We did not think Europe is like this: no respect for refugees, not treating us with dignity. Why is Europe like this?" said Iraqi refugee Ari Omar in Slovenia.

More than 21,500 people have crossed that frontier in the five days since Hungary — the previous favoured EU entry point — closed its borders with Croatia and forced the human tide further west into Slovenia.

The Alpine country of barely two million says it can't cope with the volume of human traffic.

More than 3,000 people who crossed the border Wednesday night were ordered to sit in cornfields until buses could deliver them north to Austria.

Slovenia president Borut Pahor has been lobbying EU leaders over the past two days in Brussels for security and financial aid. THE ASSOCIATED PRESS

Migrants struggle to cross the Balkans. THE ASSOCIATED PRESS

SPACE

Astronomers find real-life Death Star

A white dwarf star in the Constellation Virgo turns out to be a Death Star worthy of Star Wars.

Astronomers announced Wednesday that they discovered a rocky object coming apart in a death spiral around the star. They used NASA's exoplanet-hunting Kepler spacecraft to make the discovery, then followed up with ground observations.

"This is something no human has seen before," said Andrew Vanderburg of the Harvard-Smithsonian Center for Astrophysics, the lead author.

"We're watching a solar system get destroyed."

The data show the object in an orbit 520,000 miles (837,000 kilometres) from the white dwarf — the approximate distance from the Earth to the moon, and back.

Scientists believe the original object may have been a planet whose orbit became unstable, and was kicked inward.

The fictional Death Star of "Star Wars" fame was the Empire's monstrously big space arsenal capable of destroying an entire planet.

The findings are being published this week in the journal Nature. THE ASSOCIATED PRESS

IN BRIEF

Israel's Netanyahu draws ire for WWII accusation

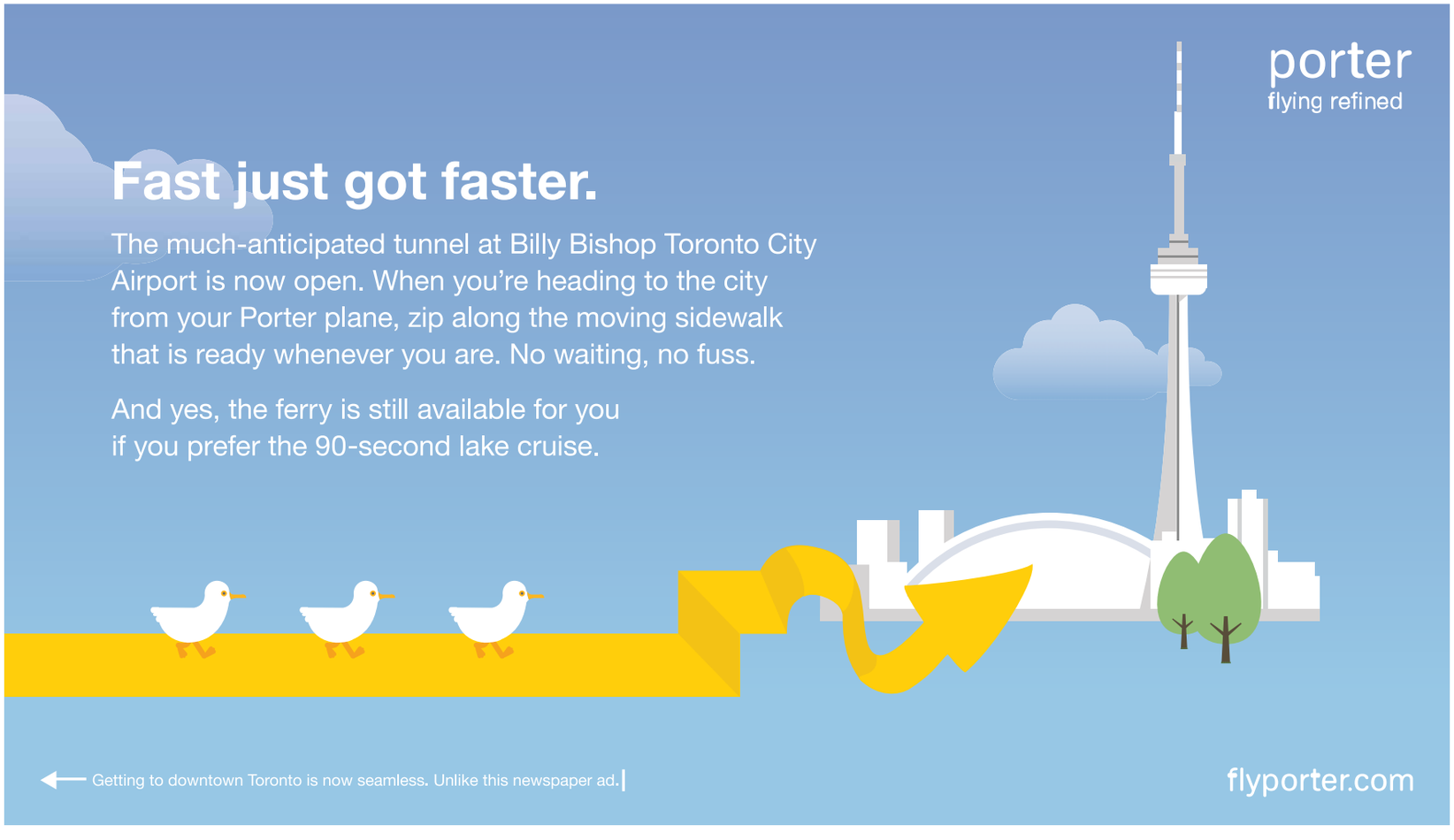
Prime Minister Benjamin Netanyahu sparked an uproar on Wednesday for suggesting that a WW II Palestinian leader persuaded the Nazis to adopt their Final Solution to exterminate six million Jews.

Holocaust experts and survivors said the comments are inaccurate and lessen the responsibility of Adolf Hitler and the Nazis. THE ASSOCIATED PRESS

Joe Biden not running for U.S. presidency in 2016

Vice-President Joe Biden declared Wednesday he won't run for president in 2016.

Biden cited his son Beau's recent death from brain cancer as a reason behind the decision. THE CANADIAN PRESS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MIDDLE EAST

Kurds expand administration in Syria

Syria's Kurds have expanded their semi-autonomous region in northern Syria, announcing Wednesday a new administration in a majority Sunni-Arab town they seized from the Islamic State of Iraq and the Levant group this summer.

The announcement falls short of declaring Tal Abyad a separate region, but prepares it for such a step if the current experiment is successful, said Kurdish official Omar Alloush, who is part of the umbrella group administering the Kurdish semi-autonomous region.

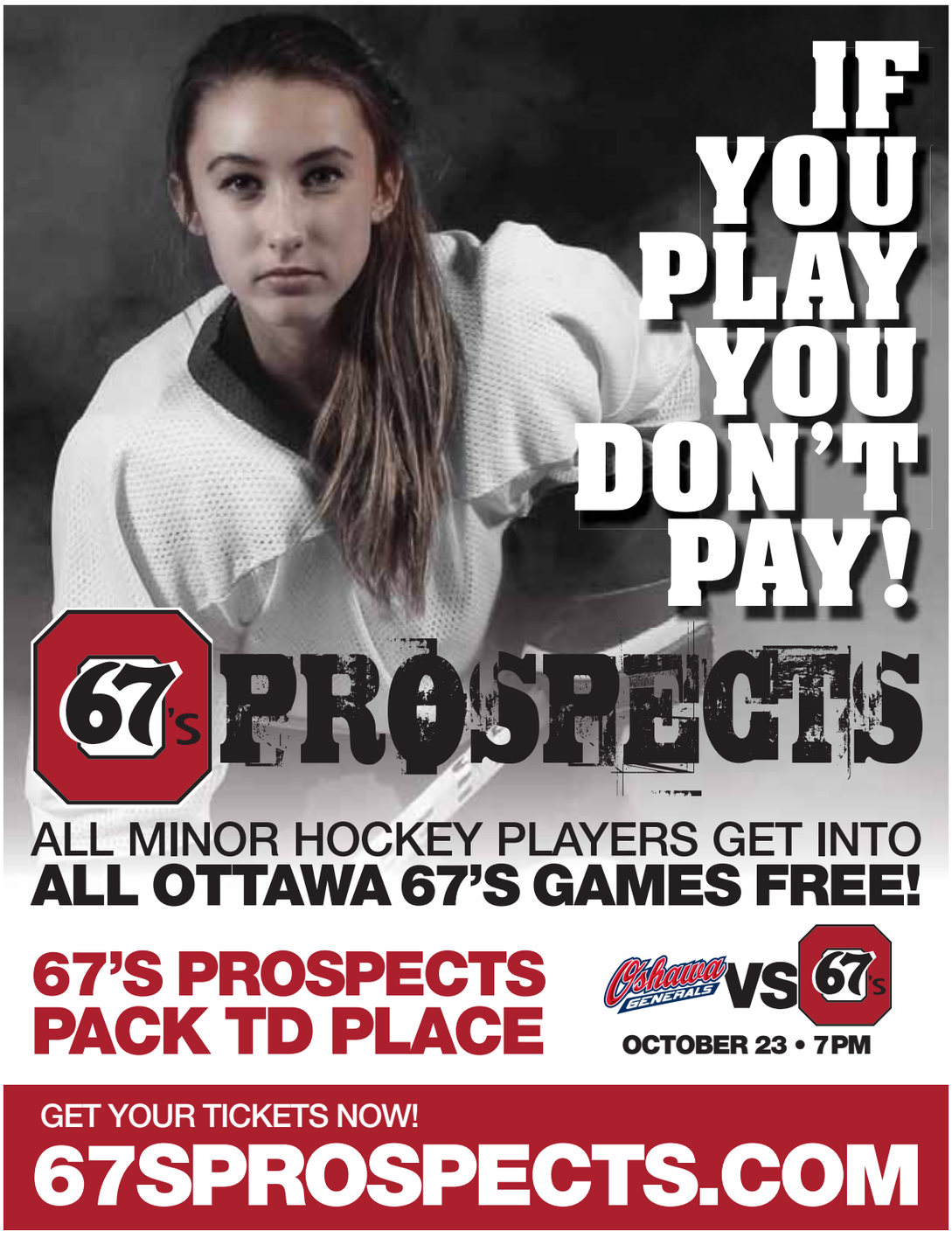
Syria's Kurds, the country's largest ethnic minority group long ostracized under the central government, declared a semi-autonomous administration in 2013 made up of three largely Kurdish regions, or cantons, in Afrin, Jazeera and Kobani. They refer to their overall autonomous region as Rojava, meaning "west" in Kurdish.

The Arab majority town Tal Abyad was captured by the Kurdish fighters in June, expelling the ISIL group. The expulsion dealt a major blow to the ISIL group's abilities, cutting off a vital supply line to its self-proclaimed capital, Raqqa, and depriving it of a strategic avenue for cross-border smuggling.

But many, including rights groups, accused the Kurds of displacing the town's majority Arab population.

The UN refugee agency at the time said the Kurdish advance caused the displacement of about 23,000 people who fled the fighting to Turkey.

Amnesty International accused the Kurdish authorities of intentionally displacing thousands of Arab residents later, some in retaliation for perceived support to ISIL — charges that the Kurds denied. THE ASSOCIATED PRESS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A police officer at a memorial for NYPD officer Randolph Holder, New York, Wednesday. MARY ALTAFFER/THE ASSOCIATED PRESS

Arrest in NY cop killing

CRIME

Accused was wanted in shooting of gang member

A career criminal accused of killing a police officer had been released from jail into a drug diversion program and was wanted in a shooting last month, said Police Commissioner William Bratton, noting that the suspect had shown an increasing level of violence and shouldn't have been on the streets.

Tyrone Howard is expected to be charged with fatally shooting New York Police Department Officer Randolph Holder during a gunfight Tuesday night on a pedestrian bridge after stealing a bike.

He was arrested in October 2014 along with 18 other people and charged with selling crack cocaine at an East Harlem public housing complex. But Bratton said Howard was released into a drug diversion program, which is meant to keep drug offenders from overcrowding the city's jails.

Howard pleaded guilty to the drug charge this May and was ordered to attend monthly status meetings, but he stopped attending those Aug. 21. An arrest warrant was issued Sept. 17. The 30-year-old had been arrested 28 times since he was 13 for offences including drug possession and robbery, authorities said.

Howard had also been wanted in connection with the Sept. 1 shooting of a gang member, said James O'Neill, the NYPD's chief of department. THE ASSOCIATED PRESS

"If ever there was a candidate not to be diverted, it would be this guy.

William Bratton on Tyrone Howard's release into a drug diversion program

IN BRIEF

150 Boko Haram militants killed in northeast Nigeria

Self-defence fighters said Wednesday they fought alongside Nigerian soldiers to kill 150 Boko Haram militants and rescue 36 child and women captives of the Islamic uprising in the country's northeast.

Jubilant civilians who participated in Tuesday's assault said they went to the Madagali and Gwoza areas acting on intelligence that the extremists were planning a large attack.

Self-defence fighter Bukar Jimeta said they killed at least 150 militants and recovered guns and explosives. THE ASSOCIATED PRESS

Robert Kyncl, YouTube's chief business officer, speaks as the company unveils YouTube Red, a new subscription service, on Wednesday in Los Angeles. DANNY MOLOSHOK/THE ASSOCIATED PRESS

YouTube unveils an ad-free service

INTERNET

Plan offers music, videos and movies for $10 a month

YouTube is launching a subscription plan in the U.S. called Red that combines ad-free videos, new original series and movies from top YouTubers like PewDiePie, and on-demand unlimited streaming music for $10 US a month.

Red builds on Google's existing music streaming service by providing ad-free access to YouTube programming, along with features such as the ability to download videos to mobile devices and have music playing in the background while using other mobile apps.

Current subscribers to the $10 US-a-month Google Play Music service will also get access to Red.

The service will not be available in Canada when it launches.

Red targets YouTube fans who want to skip ads, while giving them a chance to pass along some cash to their favourite video creators, who'll share in the new revenues. It comes as streaming services like Hulu, Pandora, Spotify and TuneIn offer ad-free as a paid option.

$54.6M

Internet radio giant Pandora Media made $54.6 million US on subscription and other revenue in the quarter through June, mainly from its $5-a-month ad-free plan, Pandora One.

The plan, which launches Oct. 28, includes exclusive access to new videos launching next year, as well as the YouTube Music Key service — to be called YouTube Music going forward — for music videos. THE ASSOCIATED PRESS

ECONOMY

BoC keeps rate low, sees slower growth

The Bank of Canada lowered its economic growth forecasts for 2016 and 2017 on Wednesday as it stood firm on its trend-setting interest rate.

The central bank maintained its July estimate for 2015 economic growth but downgraded projections for the next two years, blaming the hits to business investment and resource exports from persistently low commodity prices.

The bank maintained its July forecast that the economy will grow by 1.1 per cent in 2015.

The report presented a revised growth projection for 2016 of two per cent, down from 2.3 per cent, and 2.5 per cent for 2017, down from 2.6.

In explaining its decision to keep its overnight rate at 0.5 per cent, the bank noted that inflation and economic activity was largely unfolding as predicted, even as low oil prices continue to weigh on the economy. THE CANADIAN PRESS

Bank of Canada governor Stephen Poloz at a press conference in Ottawa on Wednesday. THE CANADIAN PRESS

IN BRIEF

Canada mid-pack in G7 on coal phase-out policies

A study by climate think-tank E3G puts Canada in fourth place among the Group of Seven industrial countries when it comes to dealing with coal-fired power plants.

THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Thursday, October 22, 2015

CHANTAL HÉBERT: ON TRUDEAU'S CABINET

"Over and above all other choices, the new prime minister's picks for the finance and environment portfolios are the ones that stand to define his rookie government.

The cabinet Justin Trudeau unveils on Nov. 4 will have to hit the ground running.

From recasting Canada in the anti-ISIL international coalition, to deciding the fate of the just-negotiated Trans-Pacific Partnership, to beating a ticking Supreme Court clock on medically assisted suicide, to rewriting the Conservative anti-terrorism legislation and setting up an inquiry into missing and murdered aboriginal women, many of the items on the incoming government's to-do list are time-sensitive.

On Tuesday, Trudeau said he expected his future ministers to be "actual deciders." Time will tell how much real autonomy that job description will entail. What is certain is that the men and women who make up the first Liberal cabinet in a decade will all have their work cut out for them clearing an overloaded policy agenda.

Over and above all other cabinet choices, Trudeau's picks for the finance and environment portfolios are the ones that stand to define his rookie government. Here's why.

By definition, the finance minister comes second only to the prime minister in the cabinet pecking order. There is no margin of error in selecting the right person for the job, for one cannot change finance ministers like one changes shirts.

When Stephen Harper first came to power, Jim Flaherty had the inside track on the finance post, and picking Paul Martin was a no-brainer for Jean Chrétien.

In contrast with his predecessors, Trudeau has a variety of routes he could take. Some are more adventurous than others.

The Liberal leader wants to appoint an equal number of men and women to his cabinet. In the past, the promise to make more room at the top for women has mostly translated into filling the bottom tier of the cabinet with female ministers while leaving the front-line portfolios in male hands.

Canada has never had a female finance minister. To show he means business on gender parity, Trudeau could pick an economics-savvy former journalist such as University-Rosedale MP Chrystia Freeland.

Quebec was a bit player in Harper's three governments. Appointing one of his fellow Quebecers to finance would reinforce the message that the province is back at the big table. Economist Jean-Yves Duclos — who managed to get elected in the Quebec City Conservative heartland on Monday — has strong credentials for the post.

Toronto-Centre MP Bill Morneau is both an experienced Bay Street figure and a fresh face on Parliament Hill. His appointment would reassure corporate Canada that there will continue to be open channels between it and the new government without diluting Trudeau's change message.

A trio of veteran parliamentarians with hands-on experience in government in the shape of Ralph Goodale, John McCallum and Scott Brison round out the "safe" section of the list.

There is no such competition for the environment portfolio. If Trudeau is serious about dusting off the climate-change file, he will reappoint Stéphane Dion to his previous ministerial brief.

Little would send the international community the message that Canada is back in the climate-change battle more loudly than the return of the last federal minister to have played a constructive role on the issue on the world stage.

In contrast with finance, the place of the environmental file on a government's radar is proportional to the influence of its ministerial keeper. A former party leader, Dion has the gravitas to ensure the environment brief is not (again) shoved off the table.

The pipeline debate is where Quebec's sovereigntist leadership has determined to draw its latest line in the sand. Dion fought and won a war of words on the rules of a future referendum against more articulate sovereigntist champions than the current ones.

Trudeau has long argued that a lack of social licence accounted for the Conservative failure to get a single pipeline project off the drawing board. A strong pro-environment voice in the top tier of the cabinet is a precondition to restoring public confidence in the pipeline approval process.

It won't be hard for Trudeau to find a more inspiring finance minister than Joe Oliver turned out to be in the dying years of the Harper reign.

But on his choice of an environment minister, the Liberal prime-minister-elect will be held to a higher standard.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

THE MICROTREND: Punny literary treats

What happens when you cross Cervantes' masterpiece with an egg pie? Why, Don Quiche-ote, of course. That highly literary brunch dish is part of a veritable buffet of foods being served up at local libraries across North America. "Edible books" (in the metaphorical sense, of course) are a way to promote rediscovery of classic works and bring people together at the same time. The trend — which is riding the wave of pun-love flooding the Internet lately — has spawned creations such as All is Quiet on the Western Bundt (cake), a Tequila Mockingbird cocktail and a tribute to Hemingway's A Farewell To Arms featuring a double-amputee gingerbread man.

SOURCE: BUSTLE

ROSEMARY WESTWOOD

metroview

A poet laureate is timeless and necessary in the digital age

When Anne Michaels is speaking carefully, the poet and author of the novel Fugitive Pieces puts her right hand to her forehead and gazes down.

When the words flow more quickly, she's likely looking at you with spirited eyes, maybe pushing a great wave of hair back off her face, as if to press her thoughts forward.

In 2015, in Toronto, a city of millions, the writer has a new title and a pressing question: what difference can one poet laureate make?

"I see it as a mandate to do something of value — small value, quiet value — but something of value," she says. And then she admits to hashing ambitious plans for her three-year tenure, city-wide events still too fledgling to name.

I'll be honest: when I heard Michaels had been selected, it made me care, for the first time, that poet laureates still exist. And even now that someone I admire holds the title in Toronto, it seems an incongruous role in the digital age. What does an old-fashioned figurehead role have to do with our lives — lived half digitally, outside the reach of geography altogether?

The poet laureate is a champion of all literature, Michaels tells me, and "language is how we speak out. It's our great hope, I think, so you can scold and excoriate and celebrate."

Poetry can seem destined for few and elevated shelves, the purview of devotees and no one else. But that is not how Michaels sees it.

It is "combustible" language, naturally anarchic and not necessarily bound in a book. It's a shot, a slash of graffiti on a building, anti-status quo, under the radar, a voice out loud alone in a room.

Her own writing often focuses on the dark, hard experiences of life. She says it's important "to go to those places that are incredibly difficult to look at, and then to see whether one can come out the other side, what can be made of that."

It is solitary work. But the role of a poet laureate is not. With collaborators at the City of Toronto, she intends to seek out all the layers of people here, their voices and languages.

"I mean, we're surrounded by languages, and every language here has a literature, so why aren't we bringing that forward somehow?" she asks.

There is a certain sense of helplessness in our society, she says, and rage among people who feel disenfranchised. Perhaps a poet laureate can offer, through language, power.

At a time when the problems are so big, that seems not only timeless, but necessary. In that sense, there's nothing symbolic about it.

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BOOKS

Tavi Gevinson on life in New York and Yearbook Four

Nichole Jankowski
Metro | Canada

Tuesday afternoon in New York, Tavi Gevinson was pacing outside her doctor's office near Broadway and 21st. Gevinson, 19, is in her first year at NYU and has kicked off the term with a fall book tour for her fourth and final instalment of Rookie Yearbook, a compendium of articles published on her Rookie Mag site.

On this bright October day, she's wearing "a big red sweatshirt" that reads 'Tuesday,' she says, speaking on her cellphone. "*Red*," she wrote in Sheila Heti's Women in Clothes, "*translates femininity to power.*"

She paired the sweatshirt with black pants ("pants are kind of new to me," the former style blogger says) and black ankle boots — black, "*the uniform of New Yorkers.*"

Gevinson landed in New York over a year ago, ahead of starring in Steppenwolf's Broadway revival of This Is Our Youth, for which she received rave reviews. The New York Times says Gevinson "nails exactly the aggressive defensiveness of a girl who sees boys as both the enemy and salvation."

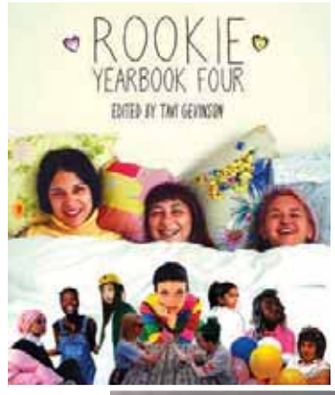
With a full day ahead, Gevinson is pacing, waiting and carrying a blue — "*It is the sky, the water, and Joni Mitchell*" — leather school bag. Speaking to Metro, Gevinson references lyrics from Mitchell's 1976 song Amelia: People will tell you where they've gone / They'll tell you where to go / But till you get there yourself you never really know.

She is talking about what she's learned over the years from the contributors to her site, which publishes personal essays, informational and tongue-in-cheek how-tos, photography, art and celebrity interviews.

"The best feeling for me is when I can experience Rookie as a reader," says Gevinson. "I think that it really is affirming to just watch other people try and understand their own experiences and being as candid, earnest or ugly as they need to be in order to get to the truth of the matter."

Gevinson founded Rookie Mag when she was only 15 years old and feeling that we needed more complex depictions of women in media. An online haven for young women to learn, share and grow, it is the spiritual successor to '90s alternative teen magazine Sassy.

"I basically just tricked a bunch of people into giving me advice, and then published it for other people to see, too," says Gevinson. But for all its insight, the site has never been prescriptive. "Rookie is not your guide to Being a Teen. It is not a pamphlet on How to Be a Young Woman," wrote Gevinson in her first editorial letter.



Rookie is an advising big sister, a friend who always listens, someone to laugh and cry with. "For me, it's always been with Rookie trying to walk a line between not wanting to romanticize the pain and the angst and sometimes actual depression of being a teenager but also needing to find the upside of it," says Gevinson, which she admits is difficult. "There's nothing more annoying than saying 'Look on the bright side' or 'It gets better' to someone who's still in it."

Gevinson, who graduated high school before starting on Yearbook Four, is still in it. "I was trying to embrace the unknown," says Gevinson. "I'm a year ahead of Rookie. I was trying to enjoy that uncertainty and that void."

In her editor's letter she consoles readers that it does, in fact, get better, although some things do get worse.

"I do feel that (Yearbook's senior issue) is a lot more optimistic about growing up," adds Gevinson.

From fashion blogger to feminist icon, Gevinson has grown up online. PETRA COLLINS/CONTRIBUTED

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The Golden Son after Secret Daughter

NEW FROM SHILPI GOWDA

Coming-of-age novel finds son at odds with his birthright

Henrietta Walmark
Metro | Canada

Like her debut bestseller, Secret Daughter, Shilpi Somaya Gowda's new novel, The Golden Son, is a family-based saga that straddles two cultures across two continents.

The story of The Golden Son (Harper Collins, $22.99) follows Anil, the doted-on eldest son of a large family in rural India, as he leaves home for America. His closest friend is the free-spirited Leena who bests him at childhood games in their village where Anil's father is clan leader and arbiter of its disputes. Settling disagreements is a role Anil is to inherit and one he struggles to accept as he moves half a world away to begin a medical residency at a large Dallas hospital.

Gowda dropped by Metro's Toronto office to talk about how her sophomore novel was inspired by growing up as a child who witnessed within her own family the practice of informally settling disputes.

"In India there is a long tradition of an Assembly of Five Respected Elders who would adjudicate issues that came before them. That custom endured in different ways. Usually an elder male in the family would be the informal arbiter and people would bring them problems or issues that they had with property disputes or within a marriage or between siblings who were trying to divide up an inheritance. And I just found it fascinating," says Gowda. "As a child I was usually shooed out of the room or the house and told to go ride my bike but I'd listen at the door."

Shilpi Somaya Gowda's new novel draws on a tradition of informal dispute resolution. CONTRIBUTED

"That experience has always stayed with me. As I grew up and became an adult and started navigating issues in my own life I realized, much to my surprise, grownups don't always have the answers. I was really fascinated by that concept and I wanted to build a story around it."

The tradition of informal arbitration threads through the novel with unexpected repercussions.

"There is a danger to this type of setup, when it becomes too paternalistic, too much power concentrated in one person or in one family's hands," says the Toronto-born author.

"I thought it was important for Anil to change the way he viewed his father over time, from a hero worship at the beginning, a very simplistic view, which a lot of us have of our parents, to a more complex adult view that enables him to be better at the role that his father wanted him to play; that there is no black and white and everybody's flawed."

When asked what she hoped readers will take away from The Golden Son, Gowda says: "People surround themselves — and we can do this now with social media and 24-hour news networks — with people who have the same opinions as them. We don't have the same kind of vigorous open debate that we used to have. I hope people will say, 'hey, what did you think about that case,' and 'let's try and see each other's point of view and understand how we make decisions differently.'"

REEL DEAL

Coming to a screen near you

The screen rights to The Golden Son have been optioned to Toronto's Conquering Lion Pictures that produced The Book of Negroes miniseries. Gowda says she's excited about her novel being turned into a film, with a proviso.

"One of my favourite authors, Michael Cunningham, said that when you're an author and you sell the rights to your book, you should think of it as selling a house. You hand over the keys, and you go away. You don't stick around to tell them what colour to paint the front porch and whether to keep the doorknobs," Gowda says, laughing. "That's their job and you've done your job."

"The film will almost certainly be different than what I have in my mind. I look forward to seeing someone else's interpretation."

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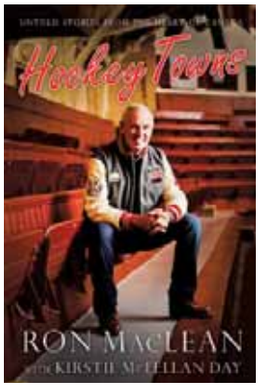
Just for laughs Live

BOOK EXCERPT HOCKEY TOWNS BY RON MACLEAN WITH KIRSTIE MCLELLAN DAY

One Great Keeper in the Hands of Another



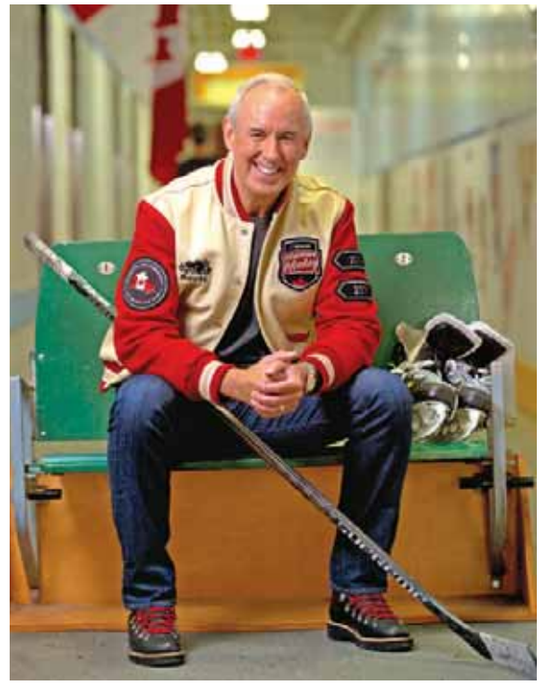
In Hockey Towns, Ron MacLean and co-author Kirstie McLellan Day tell some of the most interesting hockey stories from towns across Canada. In this excerpt, we are introduced to Ian Jenkins — "or Big E, as they call him" — a good-looking young man from London, Ont., who started skating at age two.

Ian Jenkins was a phenomenal fifteen-year-old midget goaltender. The Scouting News called him "the most effective 1995 goalie … in the system."

When he started in the net, his dad, Joel, would sometimes throw a puck bag over Ian's head, and like a scene from Star Wars, teach him to know and feel the crease without looking at it. Later, Ian trained with former pro Stan Matwijiw, who taught "Have a Purpose" (HAP) on the ice and in life. Ian really bought into that and wrote HAP on the inside wrist of his glove.

When the London Knights tapped him, Ian was on the ice. Joel was monitoring the OHL draft on his phone from the stands and he put both his thumbs in the air. Ian circled his net and pumped his fist in pure joy. Joel watched with an apple in his throat. All their dreams were coming true.

On May 19, 2011, the day before Ian was to leave, he



Twenty-four-year-old Kevin Folster needed a kidney. Ian's kidney would save his life.

was hanging with his buddies to say goodbye. He left Joel a message: "Hey, Dad, I'll wait for you at the corner around four o'clock. Love you."

Joel was minutes from the corner when a fire truck whizzed by with an ambulance in its draft. Suddenly, his phone was ringing. Gloria, Ian's mom, was breathing hard into the receiver. Ian had fallen from the back of a pickup and whacked his head on the trailer hitch.

Joel raced to the site and slammed the car into park so hard it almost rocked off its wheels. Ian was lying in the road, foaming at the mouth, and his limbs were contorting. Joel knelt next to him, talking softly. He searched his son's eyes, but he couldn't find him.

Just before midnight, a surgeon sat with the family and told them there was no hope. Joel remembered Ian saying he felt bad for all the kids who didn't have what he had, so the family made a decision. Twenty-four-year-old Kevin Folster needed a kidney. Ian's kidney would save his life.

One of the first things Joel did after Ian's funeral was reach out to Ian's buddy, the sixteen-year-old kid who'd been behind the wheel of the truck. Joel told him, "Accidents happen. You've got to be strong." But nothing's made life easier for Joel — he will always be missing a piece of his own HAP, and he's got a hole in his heart that will never heal. How can it?

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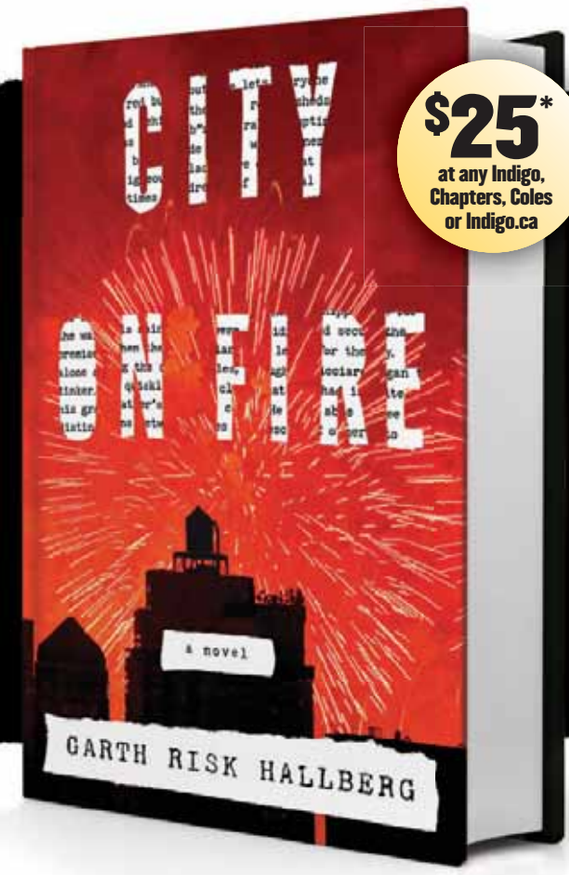

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GOSSIP BRIEFS

The bold and beautiful

Photo editors take note: Zendaya is aware of your touch-ups and she's having none of it. The singer and Disney star spotted some curious discrepancies between her new cover of Modeliste magazine and, well, her real body.

"Had a new shoot come out today and was shocked when I found my 19-year-old hips and torso quite manipulated. These are the things that make women self-conscious, that create the unrealistic ideals of beauty that we have," she posted to Instagram. "So I took it upon myself to release the real pic."

The magazine took down the offending photos. NED EHRBAR/METRO HOLLYWOOD

What romance?

Don't bother asking Kate Hudson about those pesky dating rumors that link her to Nick Jonas, because she isn't talking. On Watch What Happens Live, Andy Cohen tried to tease confirmation out of her about the much-speculated-about fling, but no dice.

"I don't like addressing any kind of gossipy stuff," Hudson says. "My agent has been my mystery man maybe 25 times. You can't hug someone or talk to someone without it ending up being a thing." So you're saying it's a thing? That's totally a confirmation! NED EHRBAR/METRO HOLLYWOOD

NONSENSE

Philosopher Jaden Smith spouts again

Ned Ehrbar
Metro | Hollywood

Young Smith is a lover not a fighter. HANDOUT

Magical second-generation Hollywood quote machine Jaden Smith is back with some wonderful pronouncements, in case you needed a pick-me-up.

In a chat with GQ, Smith admits that he's dedicated to "being, like, one of the craziest human beings to ever exist," so don't worry about offending him when you call him nuts.

"It's fun, bro. That's what a lot of people don't realize," he explains. "I feel like it's an honor, actually, for people to think I'm crazy. Because they thought Galileo was crazy, too, you know what I'm saying? I don't think I'm as revolutionary as Galileo, but I don't think I'm not as revolutionary as Galileo."

He also has aspirations toward cryptic, not quite anonymous altruism, because of course.

"It'll be kind of like Banksy," Smith explains. "But in a different way. More of a social impact. Helping people, but through art installations. It'll be like, 'This just happened that helped a bunch of people over here. We don't know who did it, but these symbols and things were left around, so we can only guess that it's Jaden and the squad.'"

Mixing fame with motherhood

NEW MUSIC

Underwood finds balance on her fifth studio album

Carrie Underwood is pure poise on the red carpet, on stage and on TV — but she's finding it hard to strike a balance these days, she says.

"I think mom guilt is rampant in my life," said Underwood, whose son Isaiah was born in February. "I still constantly wonder, 'Is this fair to him? Is my life fair to him?'"

Underwood, whose new album, Storyteller, is out Friday, knows the exhaustion that comes after being up all night with a fussy baby during album launch week, or the remorse in bidding him goodbye in the morning and knowing she'll be working long after his bedtime.

As she sings in Smoke Break, an ode to the working class that is now in the Top 5 on Billboard's Hot Country Songs chart, it's hard to be a good wife, a good mom and a Christian.

"He's my No. 1 priority," Underwood said. "But it's just a question of how am I going to do this?

"I'll probably never find the answers to those questions."

When she was pregnant and writing songs for Storyteller, she initially wasn't ready to sing about the joys of motherhood. "I would have writing dates with people and they would come in and push me in that direction," Underwood said. "And I was like, 'Eh, no.' I do not want to write an album of mushy baby songs. Or mommy songs. That is not me."

But she did co-write What I Never Knew I Always Wanted, a reflection on the realization that motherhood filled a hole she never knew she had.

For her fifth studio album, she worked with two new producers, Jay Joyce and Zach Crowell, along with her regular producer Mark Bright.

Underwood's new album drops Friday. ALL PHOTOS GETTY IMAGES

Joyce, who won a CMA Award for producing Eric Church's album Chief and is nominated this year for Little Big Town's Pain Killer, brought a dark, rock edge to the album.

"There's definitely some twang on the album," Underwood said. "That almost makes it super fresh compared to a lot of what is out there right now. It's not old, not old country, but it's more traditional."

"She's got so many different facets to her voice," Joyce said. "She's got a really sexy slinky quiet voice, too. She sounds more confident to me." THE ASSOCIATED PRESS

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metro HOME

Your essential daily news

Famed architect Zaha Hadid's first NYC residential building has robots that will park your car

What they're a$king

One-bedroom condos are perfect for the first-time buyer looking to get a foot in the door and claim a piece of downtown real estate. Featured here is a range of one-bedroom suites, some older, some newer, to give you a sampling of what's hot on the market this week **Duncan McAllister** FOR METRO

ASKING PRICES WERE ACCURATE AT TIME OF PUBLISHING.

$314,000

Ottawa

Here's a one-bedroom-plus-den at 200 Rideau St. in the Sandy Hill neighbourhood. It features an upgraded kitchen with stainless steel appliances, and boasts great views of downtown from the balcony, as well as an in-suite laundry and building security. Amenities include a party room, swimming pool and a gym. It's walking distance to Ottawa University, the downtown and the market. Listing agent Kelly Millican is a sales representative with Royal LePage Team Realty, 613-729-9090.

$319,900

Calgary

This new suite is located in a brand-new building called the Guardian. Located on the 17th floor, the unit offers southwest views from the deck, as well as quartz countertops, upgraded laminate flooring and stainless steel appliances. The open-concept floor plan features a spacious kitchen with island in a good-sized living room with access to the deck. Listing agents are Tim Lind and Richard Fleming for RE/Max Real Estate Mountainview, 403-333-0837.

$249,900

Vancouver

For sale is this fully renovated suite that's conveniently located in Marpole, close to transit, shopping, a community centre, Richmond and the downtown. The 661-sq.-ft. floor plan includes a large master bedroom with double closets, an enclosed balcony, plenty of room for a full kitchen table and living-room furniture. The reliable, older building is well maintained with low condo fees. Storage locker and underground parking is included. Listing agent is Keith Roy with RE/Max Select Realty, 604-210-2933.

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The Captain's Cabin room is the largest offered at NYC's Jane Hotel. Its panelled walls, patterned wallpaper and carpeting give the room an ageless Bohemian feel.

Home inspiration away from home

DESIGN CENTRE

Victorian meets Bohemian at The Jane Hotel

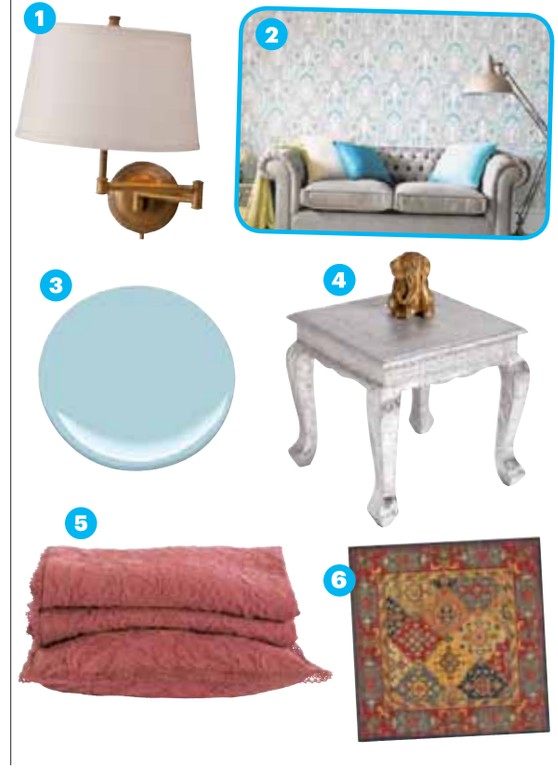
Karl Lohnes
For Metro Canada

I often get decor inspiration from my travels and the hotels I stay at. I was recently inspired by the Victorian/Bohemian mix seen at The Jane Hotel in New York City. Pattern, colour and a return to tradition seem to be hot decorating buzzwords lately, and The Jane has subscribed to all of those — done in a timeless manner that suits its historical building site while standing guard over the Hudson River on the Big Apple's west side.

The majority of The Jane's rooms are tiny budget-conscious spaces adorned with wood panel and resemble train cabins more than actual rooms. There are larger rooms with private baths called Captain's Cabins with views of the river and adjoining outdoor terraces.

Although traditional in style, there is nothing "grandmotherly" about this hotel's style. If you like the look then here are some current marketplace products available to help you achieve the look at home.

($125-$395/night, TheJaneNYC.com)



1 Chelsea Swing-Arm Sconce
Wall-hung lamps help save space on a small nightstand and offer the perfect height of light for reading. $181, PotteryBarn.com

2 Pendleton Green Wallpaper
Wallpaper has made its comeback — so the walls at The Jane Hotel have been on trend for the past 100 years! $24/roll, GrahamBrown.com

3 Colour: Blue Stream
Painting all mouldings a colour (rather than predicable white) helps to set a historical tone to the room. BenjaminMoore.ca

4 Small Decorated Metal Table
Exotic touches help create a well-travelled style throughout the space. $149, ZaraHome.com

5 Lace Frill Bedspread & Pillowcase
Add a splash of colour to the room with a bed cover that can easily be changed with the seasons. $36-$160, ZaraHome.com

6 Safavieh Heritage Area Rug
Patterned carpeting evokes hotel luxuries of yesteryear — the perfect solution for keeping a room cozy while standing up to wear and tear. $370/5'x8', Lowes.ca

Taking the risk out of the Cloud

SAFETY

Tips to protect your business from data breaches

Marc Saltzman

Cloud services aren't 100 per cent risk-free. Protect yourself and your sensitive information. CONTRIBUTED

Canadian businesses are in the cloud.

And why wouldn't they be? Cloud services provide off-site protection from local hazards, such as fire, flood, viruses and other malicious software, theft, or a damaging power surge, to name a few threats.

Staff members can access files anywhere, any time, on virtually any device. Cloud services often support real-time collaboration with colleagues, plus it's an easy way to share large files without clogging up someone's inbox.

But cloud services aren't 100 per cent risk-free. While rare, data breaches do happen.

Here's how to help mitigate risk:

Stronger passwords

While it sounds like a no brainer, the first step is to create a strong password no one could possibly guess.

A good password is at least seven characters long and has a combination of letters, numbers, symbols and mixes upper and lower cases. Example: !Rw47#p

Because it can be a pain to remember, some security experts say you can also create a long word string instead, such as "slidingdowntheblueslideslowly!" as an example.

Or you can opt for an app or program that randomly generates tough passwords you can copy and paste into your cloud provider or automatically logs you in.

On a related note, be sure to have a password or PIN on all your devices, as well — be it a smartphone, tablet or laptop — just in case you lose it or if it's stolen. This provides a second layer of defense. Some devices allow for biometrics security, too, such as fingerprint or facial recognition.

Two-step verification

Many cloud providers offer a smart security feature called "two-step verification" or "two-step authentication."

Optional, but recommended, this adds an extra layer of protection to your cloud account as it not only requires your password to log in, but also a randomly-generated, one-time security code sent to your mobile phone (via text message or displayed in an app).

Type in the code once and your password will give you access to your files.

It won't likely be on default, so you'll need to enter the Settings/Options menu to enable it.

Public access tips

One of the advantages of the cloud is being able to log on from anywhere to access your data — but be very cautious when using a public PC, such as in an airport lounge, library, cybercafé, and so on.

For one, there could be "key-logging" software installed that secretly records everything typed onto the keyboard — including your login ID and password — and sends the information to a tech-savvy thief. Tip: if you must log into your cloud account, pull up the "soft" (virtual) keyboard instead.

Also, remember not to click "Remember my password," if the browser gives you the option and be sure to log out afterwards.

Better yet, resist logging in from a public PC or while in a free Wi-Fi hotspot as it could be a fake. Use your cellular connection on your own device as a Personal Hotspot, if you can.

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Troy Tulowitzki's 11 RBIs are second only to Paul Molitor (13 in 1993) among Blue Jays in a single post-season

Estrada carries Jays back to K.C.

Marco Estrada's performance on Wednesday kept Toronto alive to play at least one more game. NATHAN DENETTE/THE CANADIAN PRESS

MLB PLAYOFFS

Royals look to finish ALCS with win in Game 6 Friday

Marco Estrada was near flawless in limiting the Royals to three hits over 7-2/3 innings and Troy Tulowitzki drove in three runs, as the Blue Jays stayed alive in the American League Championship Series by defeating Kansas City 7-1 Wednesday.

The Royals still hold an edge going home, leading the best-of-seven series 3-2. The teams go at it Friday in Kauffman Stadium, with Game 7 there Saturday if needed.

Toronto, outscored 33-16 in the first four games and coming off a 14-2 humiliation in Game 4, needed a stopper and they got it once again in Estrada, who has quietly become a key player for the team.

"He's a guy that's carried us in a lot of ways," Blue Jays manager John Gibbons said. "He's a master of what he does. It doesn't always look pretty but he's mastered it.

The 32-year-old right-hander rescued the Jays with a victory in Game 3 of the ALDS in Texas, limiting the Rangers to one run in 6-1/3 innings in the first of Toronto's must-win games this post-season.

Estrada was on point again in a sparkling performance Wednesday, retiring the first nine Kansas City batters. With a double play erasing a fourth-inning single, Estrada faced the minimum 18 batters over six innings.

ALCS Game 5

7	1

"I had a lot of adrenalin going," Estrada said. "The last game (Game 3 of ALDS) I was pretty calm, cool and I was just trying to do my job. This time I still had the same mindset, but the fans got me going a little bit early on and just made it a little more fun."

He exited in the eighth to a standing ovation after giving up a two-out solo homer to Salvador Perez followed by a single to Alex Gordon.

Tulowitzki, whose once cold bat has warmed up nicely, accounted for most of the offence by clearing the bases with a double in a four-run sixth.

Royals starter Edinson Volquez, who had a fine outing in Game 1 to beat Estrada, was almost as good Wednesday — retiring 15 of the first 18 batters he faced. But he unravelled in the sixth, walking three Jays and hitting another with a pitch while unable to get an out.

That set the stage for Tulowitzki.

The Jays shortstop, still feeling the effects of a late-season shoulder injury, came into the game hitting just .194 (7-for-36) but he has been a game-changer with the bat in three of Toronto's post-season outings. And despite playing in pain, he has been a big contributor to the defence.

Tulowitzki set a club record for most RBIs in a single ALCS (seven).

Chris Colabello had opened the scoring with a second-inning solo homer before an enthusiastic, loud crowd of 49,325 under the dome at the Rogers Centre.

It was Toronto's fourth elimination game of the playoffs and the Jays went into the game confident they could take the series back to Kansas City. The players' suitcases were stacked neatly outside the clubhouse prior to Wednesday's game, ready for transport to the airport.

THE CANADIAN PRESS

GAME 6 MATCHUP

David Price

2015 post-season stats		
16.2	IP	12.1
1-2	W-L	0-1
7.02	ERA	6.57
1.14	WHIP	1.78
15	K	16

Yordano Ventura

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Mike Hoffman, centre, celebrates a pre-season goal against the Canadiens with teammates Mark Stone, left, and Kyle Turris. JUSTIN TANG/THE CANADIAN PRESS

HST line is taxing on opposition

THE HOCKEY NEWS
Murray Pam
FOR METRO

When Ottawa Senators coach Dave Cameron looked to add an element of speed to the duo of centre Kyle Turris and right-winger Mark Stone, he turned to Mike Hoffman.

Despite a team-leading 27 goals last season, Hoffman saw his ice-time decrease dramatically down the stretch for perceived lack of commitment on the back check.

Heeding management's advice, the Kitchener native honed his defensive game during the pre-season and was rewarded for his efforts.

Dubbed the HST line on social media because they're taxing on opponents, Hoffman-Stone-Turris lead all NHL forward combinations with 23 points — a substantial feat, considering the line was held off the scoresheet in two of six games.

Even Cameron couldn't have envisioned how successful this subtle move would become.

What makes the trio a perfect fit? It starts with each player bringing his own special skillset to the table.

Strength up the middle

Second league-wide in face off wins, Kyle Turris provides just that. By succeeding on 55.7 per cent of draws taken, Turris gives his line instant puck possession, allowing them to control play.

An adept passer whose assist totals have risen each of six NHL seasons, the 26-year-old is on pace to surpass last campaign's total of 40.

A notoriously slow-starter in the goal department, Turris has four — something not accomplished until the 20-game mark in 2014-15.

A coach's dream

Last Tuesday, Stone's burgeoning career was capsulated in one sequence. He forced a turnover, then made a highlight-reel pass to Turris, resulting in a goal.

Stone oozes hockey sense unbecoming of a 23-year-old. As a rookie, the right-winger led all players with 98 takeaways last season. Through six games, once again Stone tops this category.

The 2010 sixth-rounder is also an offensive dynamo, averaging a point-per-game since Jan. 1, a span of 54 outings. Stone ranks fourth overall in NHL scoring during the same period.

He shoots, he scores

Armed with a quick release and accurate shot, Hoffman is a pure goal scorer. With three markers already, plus a game-deciding shootout winner, Hoffman is proving last year's success wasn't a fluke.

If the flashy left-winger posts similar goal totals to his previous season, the Senators may regret not locking him up long-term during the summer when they had an opportunity to do so.

Now that Cameron has put together a solid No. 1 unit, focus turns to solving second-line scoring woes.

SENATORS

Hamburglar's itching for game action

With a few good practices under his belt, Andrew Hammond is finally ready to see some game action.

The Senators goaltender is set to make his season debut Thursday night as Ottawa hosts the New Jersey Devils.

He was one of hockey's biggest stories last season as he took the team on a historical run that ended with him signing a $5.25-million US, three-year contract extension. A relative unknown in the hockey world when he was called up by the Senators in February, Hammond quickly became a household name in Ottawa as he went 20-1-2 in 24 games.

Coming into camp Hammond was excited to build off last season's success, but was sidelined early October with a mild groin strain forcing him to miss the first week of the regular season.

The 27-year-old has backed up Craig Anderson for the past three games and is looking forward to getting his first start.

"I feel ready," Hammond said.

"It's one of those things where you've been practising really well and it's just a matter of time where you get a chance to put it into a game."

The Senators have had three straight days of practice, giving Hammond an opportunity to see a lot of shots and test his groin.

"I think it's good timing," said assistant coach Andre Tourigny. THE CANADIAN PRESS

POWER DOWN

The Senators have power-play goals in just two of six games this season. Ottawa's power play is tied for ninth at 22.2 per cent and has gone 4-for-18.

Tortorella in for Richards

NHL

Jackets hope Stanley Cup winner can halt awful 0-7 start

John Tortorella won the Stanley Cup with the Tampa Bay Lightning in 2004, as well as the Jack Adams Award.
DARRYL DYCK/THE ASSOCIATED PRESS/THE CANADIAN PRESS

John Tortorella hoisted a Stanley Cup in Tampa Bay and led the New York Rangers to the verge of a championship berth.

At woebegone Columbus, the Blue Jackets have a more modest goal for the veteran coach: Win a game. Tortorella is back coaching in the NHL after the Blue Jackets fired Todd Richards on Wednesday with the team off to an 0-7-0 start.

"He's proven he's a good coach," said centre Brandon Dubinsky, who played for Tortorella with the Rangers from 2008-12. "He's going to help our group. Unfortunately, it's going to be at the expense of a great person and a great coach (but) we got another one. We've got to step up for him."

Tortorella, who won the Stanley Cup with the Tampa Bay Lightning in 2004, has been out of hockey since the Canucks fired him in May 2014 after one season in Vancouver. He takes over for Richards, who had been with the Blue Jackets since 2012 and led them to only their second NHL playoff appearance in 2013-14, when they lost to the Pittsburgh Penguins in the opening round.

"One of the problems right now is expectations," Tortorella said. "Expectations that weren't there last year with this club."

Columbus is just the sixth NHL team to open with seven consecutive losses, after a 4-0 defeat against the New York Islanders on Tuesday night. It's the Blue Jackets' worst start in franchise history, and their longest losing streak since dropping seven straight in regulation from Nov. 11-25, 2005.

> **He's going to help our group.**
> Columbus's Brandon Dubinsky on Tortorella

"It was a tough start," right wing Jared Boll said. "Everything kept snowballing and losses kept piling up. It's still only seven games. We've got a lot of hockey. We can't hang our heads and feel sorry for ourselves and make excuses."

That's not the type of start that was expected from a team that restocked its roster this summer after closing last season on 16-2-1 run. "We're not responding the right way," general manager Jarmo Kekalainen said. "By no means does this let anyone off the hook."

Tortorella signed a three-year contract and will make his debut Thursday when Columbus visits Minnesota. The Blue Jackets play seven of their next eight games on the road. Tortorella said he wanted to learn as much as he could about his struggling team.

"I need to listen," he said. "I want the players to speak to the staff just to find out where they're at."

Todd Richards
THE ASSOCIATED PRESS

With a 446-375-115 record over 14 seasons, the 57-year-old Tortorella is the NHL's winningest U.S.-born coach. Tortorella coached Tampa Bay for seven seasons — compiling a mark of 239-222-36-38 and earning the Jack Adams Award as NHL coach of the year in the championship 2003-04 season.

Dubinsky, who butted heads with Tortorella at times in New York, said he now appreciates how the coach elevated his game. "He got things out of me I didn't know I had," Dubinsky said. "He's helped my career and I anticipate he's going to help me here and help a lot of guys here, especially with the amount of young guys we have here."

THE ASSOCIATED PRESS

NHL

Coffey in sports hall now

Paul Coffey remembers early-morning practices at Maple Leaf Gardens as a kid. He would hang around until the Leafs arrived for their practice later in the day.

He remembers the day his dad arrived home with his "first pair of greens" — game tickets in an upper-middle section of downtown Toronto's fabled hockey arena.

Wednesday, the 14-time NHL all-star stood under the grand ceiling of Maple Leaf Gardens — now the Mattamy Athletic Centre — to receive an honour he said is among his most special. He was one of a dozen athletes and builders among the 2015 class inducted into Canada's Sports Hall of Fame.

"We all know what it takes to be at the top and be the best, and be the best in Canada," Coffey said of his fellow inductees. "To be involved in Canada's Sports Hall of Fame, there's nothing better."

Coffey went into the Hall with speedskater Susan Auch, Paralympic swimmer Michael Edgson, cross-country skiing twins Sharon and Shirley Firth, soccer goalkeeper Craig Forrest, Nicolas Gill in judo, women's hockey player Danielle Goyette, freestyle skier Jennifer Heil, and cyclist Lori-Ann Muenzer.

Jocelyne Bourassa, in golf, and Marina van der Merwe, in field hockey, were inducted as builders. Coffey is known as one of the best defencemen in the history of hockey, helping the Edmonton Oilers to Stanley Cups in 1984, '85 and '87.

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RECIPE Corn Pancakes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

What's better than breakfast for dinner? Some days, nothing beats the ease and speed of hearty, savoury pancakes.

Ready in
Prep time: 15 minutes
Serves 4

Ingredients
- 1 cup frozen corn
- 2 eggs, separated
- 2 Tbsp vegetable oil, plus a bit for the pan
- 2 cups buttermilk (or 2 Tbsp vinegar added to regular milk)
- 1/2 cup flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp salt
- 1 tsp sugar
- 1 1/2 cups corn meal
- 4 scallions, trimmed, chopped

Directions
1. Pour frozen corn into a bowl to thaw as you prepare the rest of the recipe
2. Beat egg whites into soft peaks and set aside.
3. Blend egg yolks, oil and buttermilk well.
4. Mix flour, cornmeal, baking soda, baking powder, salt and sugar.
5. Combine wet and dry ingredients and add corn and scallions. Gently fold in egg whites. Let stand 10 minutes before cooking.
6. Heat a small amount of vegetable oil in a pan at just above medium. Pour 1/4 cup of batter per pancake into the pan, cook until you see bubbles along the edges, flip and cook for a minute or two on the other side. Serve with a salad or steamed veggies for dinner!

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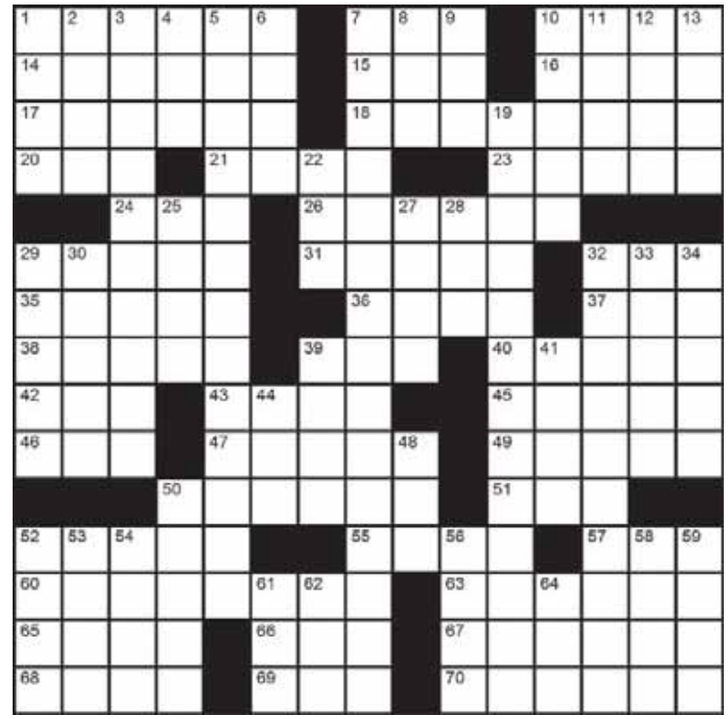
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Lake __, in Banff National Park
7. Soldiers Joe and Jane
10. Hawk
14. About [abbr.]
15. Parisian tap liquid
16. __-dokie
17. Spice mixture of India
18. Bikini alternative
20. Will Smith movie
21. Mr. Sharif
23. Puff __ (Type of viper)
24. Hoover __
26. "Maybe...": 2 wds.
29. Words to live by
31. Heads: French
32. NBA's Rockets, on scoreboards
35. Shade of green
36. Collaborative website name prefix
37. Smartphone add-on
38. In the midst of
39. French seasoning
40. Paddled
42. Use a needle and thread
43. Cheers!
45. Elaine __ ("Taxi" role for Marilu Henner)
46. Bart, to Homer
47. Segments
49. Chasm
50. Press down the pill bottle's cap: 2 wds.
51. Tic-__-Toe
52. Murdered
55. Memo
57. Knock the door
60. More than enough
63. Safe
65. And others [abbr.]: 2 wds.
66. Superlative suffix
67. 'Proud Heritage, Bright Future' town in Ontario
68. Goes off course
69. Alphabet's last letter, to a Canadian
70. Sportswear brand

DOWN
1. The Dalai __
2. October's birthstone
3. 1980 disco hit for Diana Ross that goes "Instinctively you give to me / The love that I need...": 2 wds.
4. Rosemary's Baby novelist Mr. Levin
5. Villain in "Superman's Song" by Crash Test Dummies: 2 wds.
6. Test
7. Bread, Grocery Stores... Canadian company founded in 1882: __ __.
8. Sir McKellen
9. Go to court
10. Annuls
11. Just barely got by
12. Kind
13. "The __ Hunter" (1978)
19. CBC documentaries program, "The __ __"
22. River islet
25. Gulf of __ (It's between Somalia and Yemen)
27. Gas or elec., e.g.
28. "Vampire bat!"
29. Elegance
30. Lothario
32. John Candy is a private investigator in 1989 comedy "Who's __ __?"
33. Opinionated newspaper columns
34. Beehives, at the salon
39. Transport
41. Rhyming scheme
44. Anecdotal collection
48. __-Cat (Ski hill machine)
50. Markets
52. Adhere
53. Greek salad cheese
54. Imperfection
56. Bygone sovereign
58. Prefix that means 'Mars'
59. Added benefit
61. "That '70s Show" role
62. Expend
64. NFL's Browns city, shortened

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A snap decision is called for and there is no way of knowing how it will turn out. The worst thing you can do is to make no decision at all, so call it as you see it and hope for the best.

Taurus April 21 - May 21
There will be a number of obstacles placed in your path. Although they may be annoying they won't be too serious, so don't overreact. With the Sun moving into your opposite sign tomorrow, the less hassle the better.

Gemini May 22 - June 21
Work and health matters will take on extra importance. Think deeply about what you are doing and the effect it is having on your physical, mental and emotional well-being.

Cancer June 22 - July 23
The Sun's move into the dynamic area of your chart will coincide with a surge of confidence, and because you look at life in a more positive way others will be more upbeat too.

Leo July 24 - Aug. 23
You will face several challenges. The most important of these will be to find out why partners and loved ones are suddenly so hard to get along with. Could it be because they feel a bit neglected?

Virgo Aug. 24 - Sept. 23
Money matters worry you less beginning tomorrow. If you get the urge to travel don't resist it. A journey of just a few miles could lead to something special.

Libra Sept. 24 - Oct. 23
Don't worry if something important is leaving your life because something better will replace it. Everything in life tends to balance itself out: a Libra of all people should know that.

Scorpio Oct. 24 - Nov. 22
The Sun's move into your birth sign marks the start of a new solar year, so by all means go out and celebrate. An evening spent with loved ones will put you in the right frame of mind. Do something special over the weekend.

Sagittarius Nov. 23 - Dec. 21
You would like nothing better than to live in your own little world for a while. So why don't you? You can be as anti-social as you please.

Capricorn Dec. 22 - Jan. 20
Are you doing something useful with your life? Does your existence make a difference? However you answer those questions you will get the chance to do a good deed over the next 48 hours.

Aquarius Jan. 21 - Feb. 19
This is no time to be cautious. Don't sit back waiting for opportunities to come to you. With your persuasive talents you can easily get people in positions of power to favour you.

Pisces Feb. 20 - March 20
The Sun is moving into one of the most adventurous areas of your chart. Take full advantage. If you get the chance to travel don't hesitate, just pack your bag and go.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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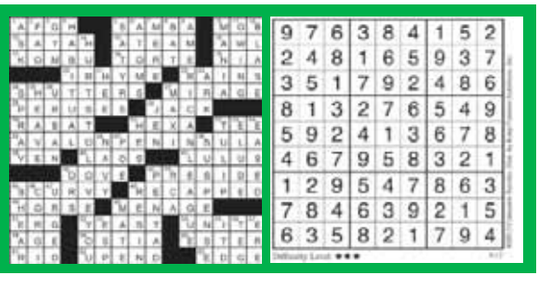

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6	3	5	8	2	1	7	9	4

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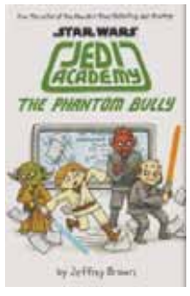

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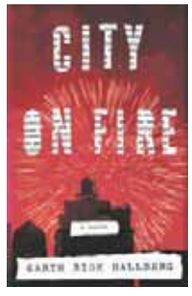

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